



U.S. Air Force

# DEP News

# **ZERO** **TOLERANCE**



## **Air Force leadership takes hard line on drug use by Airmen**

After entering active duty, two words you'll likely hear often are "zero tolerance."

This policy is one taken by commanders throughout the Air Force who have the authority to take administrative or judicial action against Airmen, both officers and enlisted, involved in drug-related cases.

Simply put, drug use is not compatible with service in the military. It poses a serious threat to Air Force readiness since junior Airmen are often responsible for multimillion dollar systems and aircraft. Drug use also reflects a betrayal in trust from other members in a unit who are responsible as a team to accomplish a mission.

That trust and responsibility also extends to members in the Delayed Entry Program, said Air Force

Recruiting Service officials.

Throughout the qualification process, all members of the DEP are asked to identify any prior drug use. Some members of the DEP may have required waivers in order to qualify for service.

DEP members are responsible for remaining drug free, similar to their active-duty counterparts.

Within 72 hours of arriving at Lackland Air Force Base, Texas, for basic training, trainees provide a urine sample to ensure they have not used any illegal substances. If testing detects even the smallest amounts of marijuana or other illegal substances, trainees are discharged from the Air Force and given no chance to return.



# AF drug testing targets those most likely to use

by Staff Sgt. C. Todd Lopez  
Air Force Print News

---

WASHINGTON — A recent change to the Air Force's drug testing program aims to further reduce the number of substance abusers by targeting Airmen most likely to use them.

The Air Force's "Smart Testing" program is in effect across all major commands. Under the program, individuals in the group shown to most likely use illicit drugs are being tested at a higher frequency than the rest of the population. That target group includes those in the ranks of airman basic through senior airman and first and second lieutenants, said Col. Wayne Talcott, community protection division chief of the Air Force Medical Support Agency at Brooks City-Base, Texas.

"What we are really trying to do with Smart Testing is target the portion of our population that has the highest prevalence of drug use," he said. "That is basically 18-25 year olds."

Colonel Talcott said Department of Defense research shows the target group is four times more likely to have a positive urinalysis than the remainder of the force. He also said that while the group

makes up only 40 percent of Air Force people, they are responsible for 86 percent of positive drug tests.

As part of Smart Testing, the Air Force increased the number of random drug tests it performs on the target group to equal the number of people in the group, said Colonel Talcott.

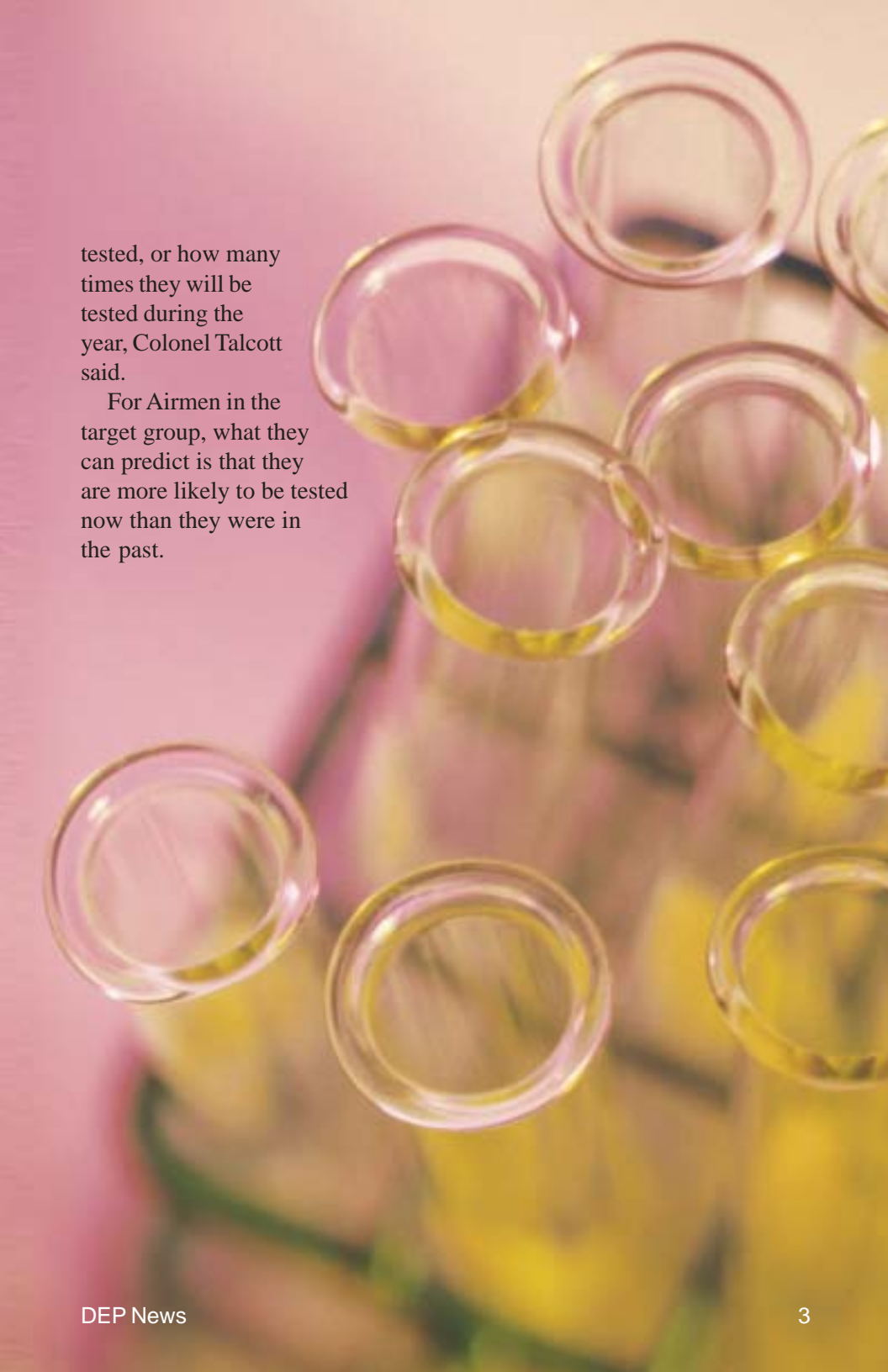
The Air Force previously used a test rate of 64 percent per year, Colonel Talcott said. This means that of 376,900 Airmen, about 241,220 drug tests would be performed during the course of the year.

Colonel Talcott said the system is fair because names are chosen at random by computer.

"We have a software program that has a listing of all the active duty [Airmen] that are subject to drug testing," Colonel Talcott said. "The software selects names randomly for the numbers of tests we intend to run."

He also said that after a name is selected for drug testing, it is immediately put back into the system.

Because names are put back into the system and because they are drawn randomly, individuals cannot predict when they will be



tested, or how many times they will be tested during the year, Colonel Talcott said.

For Airmen in the target group, what they can predict is that they are more likely to be tested now than they were in the past.

## Fitness

# Air Force flexes muscles

by Staff Sgt. C. Todd Lopez  
Air Force Print News

---

WASHINGTON — A new law that took effect in January now applies to both Airmen and members of the Delayed Entry Program who may have taken androstenedione to increase muscle mass.

Under a new law that took effect Jan. 20, the prohormone androstenedione is classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse.

Recruiting officials said the change is part of a law, known as the “Andro Ban,” that adds 18 substances to the list of banned anabolic steroids as part of the Controlled Substances Act. Andro

and andro supplements were commonly available in virtually all health and fitness stores before Jan. 20. Under the new law, they are classified as Schedule III controlled substances, similar to cocaine and heroin.

The drug, commonly called “andro,” is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force’s chief consultant for internal medicine services.

“Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs,” said Dr. Carr.

Other drugs listed as Schedule III substances include the anesthetic ketamine, called “Special K”



# scle on ‘Andro’ policy

by the club-goers who use it; testosterone; and forms of codeine and morphine.

Once ingested, Dr. Carr said, androstenedione is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size. For it to create muscle mass, an amount must be taken that is damaging to one’s health.

“Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries,” Dr. Carr said.

Because androstenedione creates artificial levels of testoster-

one in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user’s body.

Androstenedione may no longer be legally purchased. It is also illegal to use the prohormone, even if it was purchased before the Jan. 20 effective date. DEppers who use the substance after that date must inform their recruiters.





# Airman home on leave rescues woman, baby

by Susan Griggs  
81st Training Wing Public Affairs

An Airman home on leave from technical training plunged into an icy river recently to save a woman and her baby from a sinking car just minutes after proposing to his girlfriend.

Airman Basic Joshua Johnson went home to Kellyville, Okla., to propose marriage to Brittany Campbell on a pedestrian bridge over the Arkansas River. He was on leave from the basic electronic principles training course at Keesler Air Force Base, Miss.

Moments after Brittany accepted Airman Johnson's proposal, they were returning to his truck when they saw a car swerve down an embankment and plunge into an



**Airman Johnson**

icy river. Airman Johnson pulled off his coat and hat and dove in.

The 18-year-old Airman reached the nearly submerged car and banged on the roof to tell the driver, 34-year-old Detura Bills, to unlock the car. When he helped her out, she screamed for her 2-year-old son, Brandon, who was still buckled in his car seat.

It took two more dives into the dark, frigid water for Airman Johnson to free the toddler from his car seat and swim to safety.

Airman Johnson was later treated and released at a nearby hospital for hypothermia.

Airman Johnson credits the Air Force with his quick "service-before-self" response to the crisis.

"All I was thinking was, 'I don't know who's in there or what, but I need to get them out,'" he said.

He is surprised by the attention he received over the rescue.

"I did not expect this kind of recognition," he said. "I didn't do it for anything like that." (AFPN)

Air Force Recruiting Service publishes DEP News as a monthly insert to *New Airman* magazine. Information is intended for people in the Air Force's Delayed Entry Program. Information in this publication is subject to change without notice. All photographs are U.S. Air Force photos unless otherwise identified. Questions and comments should be directed to AFRS Public Affairs at (210) 565-4678 or DSN 665-4678, or e-mailed to [afrrshqpa@rs.af.mil](mailto:afrrshqpa@rs.af.mil).

# U.S. Air Force's *Future Force*

Amanda Michelle Johnson

**Date of birth:** Oct. 25, 1984

**Recruiter:** Master Sgt. Douglas L. Branham II

**Hometown:** Ellenwood, Ga.

**Name of high school and mascot:**

Cedar Grove High School Saints

**Date departing for BMT:** May 17

**Future Air Force job:** Logistics

**Why the Air Force?** I chose the Air Force because I was looking for a career that would not only set me up for a bright future but was also a challenge.

**Where do you see yourself in 10 years?** I see myself still serving in the Air Force. Maybe I'll be married, who knows? Whatever I'm doing, I know I'll be happy.

**How does your family feel about you entering the Air Force?** They seem a little uncertain, but will continue to support me in anything I set out to accomplish.

**Hobbies:** I enjoy reading, watching movies and fine dining.

**Favorite magazine:** Ebony magazine

**Last book read:** "Mis-Education of the Negro," by Carter G. Woodson

**What movie have you rented or seen more than five times?** It may sound juvenile, but I've seen "The Sandlot" just about once a week.

**Favorite TV program:** "Girlfriends"

**Favorite Web site:** I love to catch deals on E-bay, you can get the best clothes for the lowest prices.

**Vacation choice:** I would love to go to Africa, Madagascar or Japan.

**Hottest car:** 1987 Monte Carlo

**Favorite sports team:** Atlanta Falcons

**Personal motto:** "Carpe Diem," seize the day

**If you could hang out with one person for an entire day, who would it be?** It would have to be my brother, who is fighting in Iraq.

Courtesy photo



# SPRING '05 Week of fun begins with safety in mind

For many students, a certain week in March or April has been marked on their calendars for several months. It's the time of year beach goers and even those who've never stepped foot in a body of water make an annual pilgrimage by the thousands to the nearest sunny vacation destination to celebrate spring break.

As most people adept in the splendor of spring break can affirm, the week is certain to hold countless parties, limitless opportunities to meet new and interesting people, overflowing dance floors and nightclubs, and likely some sand in a few uncomfortable places. For some, it's a time to unwind; others, a signal that the school year is nearing its end. For all, however, it's also a time when risks are at their greatest.

Celebrating spring break is fun, but by following the tips below, it will also be a safe one.

**Driving** – If your journey involves several hours on the road, make sure your car is up for the trip. Plan your route ensuring there are periods of rest and enough drivers share the wheel. And it probably goes without saying, but, if you're going to drink, don't drive. Law enforcement officers step up patrols during spring break in an

effort to make the roadways as safe as possible.

**Hotels** – Always keep doors locked and don't invite strangers back to the room. Keeping your doors locked also secures your personal belongings that, if stolen, could ruin your entire week.

**Beaches** – Thousands of people suffer from sunburn every year during spring break. Use sun protection with a sufficient SPF rating and avoid exposure during the hottest hours of the day. A hat and cheap pair of sunglasses can also go a long way in limiting overexposure. Keep hydrated and know the water conditions before diving into the ocean.

**Nightlife** – Remember, there's always safety in numbers. Go out with a group of friends and make plans to leave together. If you're 21 or older, know your drinking limit. Underage drinking may result in an arrest and disqualification from the Delayed Entry Program. Never leave drinks unattended or accept drinks from strangers.

Spring break will likely yield several fond memories for you and your friends. Following these few tips will allow all of you a chance to return home safely where you might, or might not, choose to share them with others.